

Your Health: CPR Training



With CPR, you help someone whose heart or breathing has stopped. You do this by pushing down on the person's chest with your hands. CPR stands for cardiopulmonary resuscitation.

CPR can help get blood to the person's brain, preventing brain damage. It can help keep a person alive until a health professional arrives. You have probably seen it done on a hospital TV show or movie.

You may need to use CPR, for example, if you are with someone who has a heart attack or stroke or is close to drowning. You never know when you might need it. If you know it, you could save a life.

Who should know how to do CPR?

Knowing CPR could be useful for anyone. But for some people, knowing CPR is part of their job. Doctors, nurses, paramedics, and other people who work in medicine or emergency response must know it. Other people who work in jobs where they might need CPR include lifeguards, day care workers, babysitters, and coaches. Many parents learn CPR so they know what to do if their children need it. People who

have family members with a heart problem also should learn CPR.

How can you get training in CPR?

Learn CPR by taking a course. If you need to use CPR, doing it right can prevent harm and give the person the best chance to get better. CPR is easy to learn, and courses do not take long.

Good CPR courses may use videos and workbooks and let you practice on mannequins, or models, of infants, children, and adults to learn the right way to do CPR. In these courses, you take a final test to show that you know the technique. Because you probably will not have to perform CPR often, take the course every 1 or 2 years to keep your skills up. This also will let you learn any new techniques.

Many organizations have CPR courses. These may include courses on giving CPR to infants, children, and adults, as well as courses for parents, babysitters, and those involved in sports. You can even learn CPR for pets.

To find a CPR course near you:

- Call your local branch of the **Red Cross** or the **American Heart Association**.
- Call your state or county health department.
- Call your child's school. Schools sometimes provide courses for children and teachers.
- Ask at your workplace. Some workplaces provide training.

- Call a university or community college. They often have classes for the community.
- Call a local hospital or other health organization. They often have classes for the community.